[redacted]

A/B, 3, 2/137

To: Files

Subject: SI and H Experimentation, 5 July 1951
(Room 20, Building 13)

On 5 July 1951 in Room 20, Building 13, the [redacted], and [redacted] and the writer conducted research in SI in the following manner. The conclusions are given as they were developed.

A mass relaxation discussion was introduced together with an explanation of how and why this was brought about. Questioning was invited by the writer. All questions and uncertainties were cleared up before the actual induction technique was begun.

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The three subjects were asked to make themselves completely comfortable and mass relaxation was begun. Within a period of five to six minutes, it was noted th[redacted] and [redacted] were in a state of complete relaxation. [redacted] was relaxed, but aware of all surroundings. [redacted] was asked to remain silent and the relaxation was gradually re-directed at [redacted] and [redacted] to one of sleep. Almost immediately, a complete relaxation in facial expression and face and neck muscle groups was noticed, indicating that [redacted] were in a true SI state. This state was gradually deepened and each subject was then conditioned and were able to clearly receive instructions and verbally acknowledge them. Each subject was handed a small glass of plain water and told that the glasses contained an exotic imported perfume. As each smelled the contents, a smile immediately appeared and a very pleased expression was quite evident. This pleasant smell immediately disappeared when the operator so instructed the subjects.

The SI condition was then deepened by more direct suggestion for approximately three minutes. [redacted] was then given a post SI command that a glass of water would be requested immediately upon awakening. [redacted] was also instructed that at any future date that when the operator told her she would go immediately into a deep SI state and that absolutely no one else could accomplish this except the operators designated.

Amnesia suggestions were not used since it was desired to determine how much would be remembered after SI research had ceased. [redacted] was then told to remain until [redacted] could be instructed.

[redacted] was then again approached through suggestion and told that upon awakening, a request would be given the operator

[redacted]

[redacted]

that a certain recording would be returned the next time research was continued.

All post SI suggestions were again re-enforced to both and suggestion was given that upon direction, subjects would awaken. Both awakened immediately, and when asked, stated that they felt very refreshed and rested. Soon [redacted] made the following statement, "I don't know why, but I must ask you for a glass of water" (to the operator). Her request was complied with and [redacted] then remarked, "Bring that with you next time (pointing to the reel), I want to hear it!"

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Both subjects were then tested for the next post SI suggestion applied and a deep state of SI was again very soon reached. Again induction and protective suggestions were re-enforced and the subjects were awakened and excused shortly thereafter.

Partial amnesia was present. Post SI suggestions were 100% effective and both are considered good subjects for further research.

[redacted]